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Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 87% Generally cloudy sky Sensex 54,326 | Nifty 16,266 | Gold 50,845 | Silver 61,421 | Dollar 77.82 | Euro 82.14 | GBP 97.19

All students at two BBMP schools fail in SSLC exams amidst 'outsourced teachers, poor infra and underutilised funds'

THE MARK OF ZERO

All 19 students fail at Murphy Town school

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PIC FOR ILLUSTRATIVE PURPOSES ONLY

It seems the Bruhat Bengaluru Mahanagara Palike (BBMP) has failed miserably in ensuring quality of education at its schools.

The civic body has also failed to utilise funds allocated for the development of its schools by recruiting qualified teachers to impart quality education to students who come from economically weaker families.

The neglect has resulted in two BBMP High Schools scoring zero in the recent SSLC examinations.

BBMP authorities merely allocated funds and never bothered to monitor quality of education being imparted at its schools. The civic body allocated Rs 10 crore for the development of infrastructure at its schools for the year 2020-21 but could not utilise 50% of the allocated funds due to various reasons. The apathy of the BBMP not only led to poor infrastructure, but also teachers who were outsourced without proper training.

For example, all the teachers at BBMP High School, Murphy Town, are outsourced. They failed to teach and guide the 19 students who appeared for the SSLC examinations. The result: none of the 19 students passed the SSLC examination.

The story is the same at the BBMP High School, KG Nagar. Two students appeared for the SSLC examinations and both failed to pass. While 1,991 students from 33 High Schools appeared for the SSLC examinations, 571 of them failed in the examinations.

"There is no discipline among the teachers who are outsourced. They come late every day on one or the other pretext. Had they focused on teaching, most of the students would have passed the SSLC examination. The result is, only two among 19 students succeeded in passing the examination,"

> **"There is no discipline among teachers who are outsourced. They come late every day...**
>
> — Headmaster of a BBMP high school, East

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B'luru to Mount Everest

49-year-old's dream of scaling world's highest peak comes true

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TWEETS @BangaloreMirror

Sunil Nataraj reached the summit of Mount Everest on May 15 after four harrowing days of peak human endurance. The resident of Rajarajeshwari Nagar is the fastest Indian to trek from Lukla to Everest Base Camp (EBC) in 23 hours and 3 minutes. With no formal training, Nataraj reached the summit in record time.

It all began for Nataraj — a techie by profession and mountaineer by heart — when he missed a flight in 2011, to see the mountain. Soon, he began to wonder what it would be like to stand on the peak and look at the world.

Since 2019, Nataraj has been training in Bengaluru and Nepal. He was unable to join any of the mountaineering institutions due to the age barrier of 35 years. He decided to do it nevertheless and found a sherpa in Nepal to train under. He would often hit the gym and do cardio exercises alongside undertaking 400-600 km marathons in limited time besides cycling 600 km in 36 hours.

"I started training with the Sherpa last year. Being a high-endurance sport, it is essential to prepare the body with a few summit climbs. Last year, I did two summits. This February, I went to Leh, Ladakh, to learn rock and ice climbing. In Kathmandu,

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Art you can't resin

Sign up for a course on resin art. In this art form you try to create patterns that resemble natural things like beaches, seascapes, flowers using resin. The course will equip you with these things: Basics of resin art; Types of resin and how to work with resin; Mixing the base; How to create the sand wave painting; Finish the painting.
Where: It will livestream on Zoom; to register www.bookmyshow.com When: May 24, 7.30 pm

02 Take the mic

Calling all musically talented or those penning their own poems, to come forward and take the stage at this open mic. There is now age restriction to participate, nor restriction on genre/ language of your piece. Each performer can perform any number of poems/musical pieces within a span of 5 minutes.
Where: The Circular Square, 24, Doddakalansandra Gubbalala gate; details at insider.in When: May 28, 6.30 pm

03 Solar system sojourn

As part of the summer show, a programme, To Worlds Beyond : Journey through the Solar System will provide an immersive experience taking you through a great voyage across the Solar System. Stunning high resolution images of the Sun and other objects will make this show an unforgettable experience for you.
Where: Jawaharlal Nehru Planetarium When: English at 12:30 pm and Kannada at 2:30 pm from May 24-31

Think everything has gone back to normal?

Nothing has really, say docs as cases of anxiety among kids thrown out of online bubble back into real world rise

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Parents may have heaved a sigh of relief as schools opened doors to students for physical classes after a long hiatus, but all is not quite well. Doctors are reporting a spike in general anxiety among children, about exposure to a physical environment coupled with an emerging fear of writing offline exams.

For the past two years, students have been attending classes and writing exams online. The online world is said to have enclosed the students in a bubble; untouched by peer gaze. Now with the resumption of physical classes, students are overcome with anxiety.

"Almost 75 per cent of the child psychiatric patients that I see are complaining of anxiety issues. Parents are complaining that students are either not studying or have given up on studying as they feel anxious about opening books. They are skipping classes and are on the verge of skipping tests because they did not feel confident writing their exams offline. When exams are offline, students are suddenly compelled to remember and recollect every detail for exams. Even college students are facing such issues and are skipping tests," said Dr Shradha Shejekar, Consultant - Psychiatry at Aster RV Hospital.

There is also a fear among kids to write offline exams

> **"They are skipping classes and are on the verge of skipping tests because they do not feel confident**
> – Dr Shradha Shejekar, Aster RV

Though examination anxiety was present even during pre-covid times, the severity and frequency have gone up. "Every alternate child is facing such issues. Earlier this was associated with children with learning disabilities or low IQ, but now high achievers are also scared to face exams," she added.

Dr Satish Kumar CR, consultant, Clinical Psychology, Manipal Hospitals observed that children have been showcasing different kinds of anxiety with social anxiety being the most prevalent one. The doctor spoke about a 12-year-old boy who has developed an irrational fear of going to school. He has developed body and self-image issues as he claims he gained weight during the pandemic, the doctor said.

Another student is insisting on attending classes online. Even while attending classes, he prefers that the camera is switched off. He has also developed anxiety about meeting other children. "Most of the cases are between the age group of 8-14 years -- primary and high school children," he said.

Doctors note that the challenges faced by younger children and adolescents are different. "Children less than 10 years of age struggle with socialising and the adolescents feel a sense of loss of control. For the past few years, students could write exams in their own fashion. Offline exams are creating challenges in performing in a competitive peer environment. More than 50 per cent are complaining of anxiety and sleep disturbances. Panic attacks are also common among these students and there is a general drop in the ability to focus and attentiveness. Since February, we have been seeing such cases but for the past couple of weeks, the frequency has increased," said Dr Venkatesh Babu, Consultant-Psychiatrist, Fortis Hospitals.

Doctors highlighted that the problem might not be due to the pressure of exams alone but all other factors in a social circle they remained sheltered from.

"Parents think that with children going to school, everything has become normal but nothing is normal. It's a challenging environment for these children to adapt to a new environment. It's becoming difficult for them to behave outside groups. Without emotional connectedness with the subject and teachers, children have resorted to playing online games during online classes. Now, they are struggling to write exams," said Dr Shilpi Saraswat, Clinical - psychologist, Sakra World Hospital.

She added that teachers have also been reporting anxiety without being able to balance work and home.

Say hello to Pummelo

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Please welcome two new citrus fruits to your plate. The two varieties, introduced by the Indian Institute of Horticulture and Research (IIHR) can be eaten like sweet oranges and mandarins, are easy to grow and also provide various health benefits.

Pummelo is the largest citrus fruit and known in the western world mainly as the principal ancestor of the grapefruit. IIHR has identified and released two sweet pummelo varieties- Arka Chandra and Arka Anantha. Both the varieties are suitable for all citrus growing areas of the country.

The pummelos are medium dwarf variety and can be planted at the spacing of 5x5m and respond well to the application of fertilisers, while both the varieties bear fruits in two seasons -- February-March and August-September -- profusely. On an average, four-year-old plants can yield 80-100 fruits/year.

The Arka Chandra is said to be a clonal variant. The tree is medium size (2.0-3.0 m), tall spreading, and a prolific bearer. It gives an yield of 35-40 kg of plant per season after four years of planting. The pulp is sweet with negligible bitterness. Arka Anantha tree size and average yield is same as the Arka Chandra and the fruit weight ranges from 0.9-1.2 kg. These varieties have various health benefits and have been in demand for it. "Pummello fruit has various health benefits because it is rich in Vitamin C like all citrus fruits and also in Vitamin B. It contains high amount of beta carotene and folic acid and is very beneficial for pregnant women. Pummelo also contains a good amount of Potassium which keeps our heart healthy and it also contains Vitamin A, Vitamin B1, B2 and C,

bioflavonoid, healthy fats, protein, fiber, antioxidants and enzymes." said M Sankaran, Principal Scientist, IIHR.

It helps improve the heart health, with the presence of high content of potassium. It promotes healthy gums.

"It is said to ward off cold and flu and helps in fighting anti ageing. It also prevents osteoporosis and aids in digestion," added Sankaran.

The ways of waste

Litterbugs are footloose

BBMP marshals find people go the distance to throw trash at spot away from their homes

The Koramangala Inner Ring Road area was recently cleaned up. But these two garbage bags appeared

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As civic officials clear garbage from black spots, a major problem they face is that garbage slowly creeps up at the spot in the very next few days. BBMP marshals have been trying to educate the locals, but what is the point if it is not someone who lives nearby who has dumped garbage there anyway? Litterbugs don't mind travelling far from their neighbourhoods to dispose of their waste.

In one such case, BBMP marshals found two garbage bags in the recently cleared Koramangala Inner Ring Road area. While it's usual for locals to repeat the behaviour, marshalls were shocked to see garbage being dumped from the HSR layout which is roughly 5 km away from this spot. BM had previously reported about marshalls looking through garbage and fining offenders using documents found in the trash.

With great difficulty, BBMP along with The Ugly Indian(TUI) had cleared the area and made it usable by runners over the clean-up drives over the period of one month. TUI volunteers pointed that painted walls and few signages have proved effective in reducing the practice.

Similarly, marshals went through the rummage and found a bill mentioning an HSR address. Marshals tracked down the culprit. While usually, marshals only charge Rs 500 as a fine for residential places, this HSR Layout person was charged a hefty fine of Rs 1,500 for being a commercial establishment.

"Every morning, BBMP auto tipper has been going along the stretch and picking up bags. Usually, at least 7-8 bags would be there along the 6km stretch on par with most areas. Every day, we look through garbage and look for the address. We find people from nearby areas and advise them against it. But when dumpers come from HSR Layout, we are helpless. When commercial establishments pick spots to throw garbage, it becomes a common thing." said Ashok (name changed), a member of The Ugly Indian team.

Bangalore Mirror spoke to the BBMP marshals who found the garbage. BBMP Marshall Shantinagar Supervisor Bhakta said, "We found garbage bags on the stretch. It was found to be from HSR Layout, Bommanahalli division. I immediately forwarded the pictures of the garbage bags and the bills we found to the in-charge over there. Officials from the area went to the culprit's house and found them. They have travelled nearly 5 km to dump it here."

> **We find people from nearby areas and advise them. But when they come from HSR Layout, we are helpless** –The Ugly Indian team member

He added that it's possible that the office is in HSR Layout but their place of residence is close by. "After closing the office, they may throw the garbage on their way home. Even in Shantinagar, we are seeing garbage from other areas like Ejipura and Koramangala. For residential areas, we usually charge Rs 500 for residential houses but for commercial establishments, it's Rs 1,500."

Cross-border dumping has worried marshals as the local awareness fails to influence these people. "If collection is not happening in HSR, and trash is being dumped here, we cannot fix it on a local level. Long stretches of the road become victim to bikers travelling through the areas," added Ashok.

However, experts are of the view that CCTV might not be efficient to resolve this problem. "Even if CCTV is fixed, it becomes difficult to identify the offender and officials have to scan through hours of footage," added Ashok.

He added that such practices must be discouraged as few garbage bags escalate and the place becomes a black spots quickly.

Trashers at a shopping complex

Shopkeepers and customers dump waste at park at Jayanagar shopping complex

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A group of volunteers led by The Indian Ploggers Army had to struggle to clear dry waste dumped in a small park at the Jayanagar Shopping Complex. Most residents especially those with shops at Jayanagar Shopping Complex tend to blame the Bruhat Bengaluru Mahanagara Palike (BBMP) Solid Waste Management Department for the pile up of garbage at the park in the shopping complex but they never realised their own responsibility – not to dump it there in the first place.

"Around 50 volunteers participated in cleaning the park and in and around the shopping complex. The park was full of garbage. I think not many residents are aware of the existence of this park. We found all types of waste at the park. It took two hours for us to clear it," said Nagendra Babu, Student Coordinator of The Indian Ploggers Army.

The volunteers were supported by Hasiru Dala and the BBMP Solid Waste Management Department. "I have been trying my best to convince the shop owners to keep bins in front of their shops for depositing waste but in vain. They simply dump waste in the park. They gang up against us if we try to penalise them. We can keep one or two common bins but it will lead to creation of black spots at the Shopping Complex," said BBMP Health Inspector Ramesh.

Volunteers at work at the shopping complex

Mansoor Ghouse of Hasiru Dala who maintains dry waste collection centres at wards 168 and 169, suggested that shop owners keep waste packed in a cover in front of their shops to avoid black spots. "They must create awareness among their customers on dumping waste only at designated places," said Ghouse.

Many visitors said that Jayanagar Shopping Complex is the only complex in the city that has no garbage bins. "I found a few bins a few months ago but now they have disappeared," said Jayaram S, a visitor. According to Plog Raj, the public should be more responsible and the shopkeepers should own the place too as they make business from the place.

FAKE NEWS BUSTER MIRROR

VACCINE VIALS DO NOT CONTAIN PESTICIDES

THE CLAIM

In the US where the Moderna covid-19 vaccine is in use, a claim was published on a website called Real Raw News that the US military had subjected vials of the vaccine to chemical analysis and found that some contained toxic pesticides.

SO, WHAT'S THE TRUTH?

According to a Snopes fact check, the Real Raw News is a website that carries satire and parody. The military officials told Snopes over email that the entire article was a fabrication. They had not conducted any raid on a lab making the vaccines or subjected the vials to examination. It is just that satire website's story was passed/read as a real news by anti-vaccine folk and the it spread on social media groups that are anti vaccination. Please note that vaccines are proven to be effective and do not contain toxic material.

BUST FAKE NEWS WITH MIRROR
9591233247
Let's separate the news from the noise, Bengaluru. Tell us about that incredible-sounding story/news/alert that you've received on WhatsApp or social media and Bangalore Mirror researchers and editors will see if it checks out. If it doesn't, we'll call it out

TOPCOMMENTS

Disappointing approach of civic authorities slammed

Our story 'Bellandur's river of sorrow' has got a few responses. **Subhabrata Debnath** writes it is a horrible condition. Walking becomes impossible even if there is an iota of rain. Very disappointing approach by the government especially in an area with so many prominent offices. A reader Swathi writes there is no road that could withstand the rain but for Bellandur residents even the main road is inaccessible. We had moved to this area thinking that it is an upcoming locality of the city, but unfortunately the authorities don't seem to care for or are unable to reach here. Sukesh P writes, for Bengaluru infrastructure woes have become so common that they are tired of complaining and officials are beyond caring.

WEBHITS

3 most-read articles on the Mirror site

- Marathahalli underpass work to start
- Bellandur's river of sorrow
- Once upon a lake

Can & cable: This glass is certainly half-empty

BBMP engineer deputes workers to remove cables from Halasuru Road, but forgets all about Anna Swamy Mudaliar Road, Gangadhara Chetty Road

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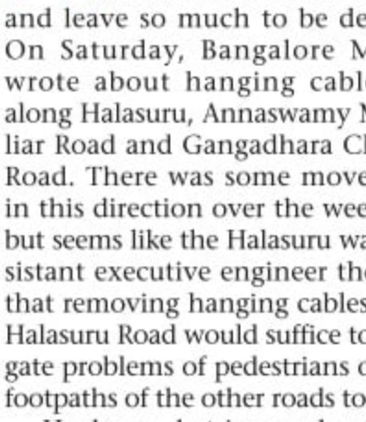
Alas, Bruhat Bengaluru Mahanagara Palike's attempts at fixing the infrastructural woes seem so half-hearted and leave so much to be desired. On Saturday, Bangalore Mirror wrote about hanging cables all along Halasuru, Annaswamy Mudaliar Road and Gangadhara Chettty Road. There was some movement in this direction over the weekend, but seems like the Halasuru ward assistant executive engineer thought that removing hanging cables from Halasuru Road would suffice to mitigate problems of pedestrians on the footpaths of the other roads too.

Hapless pedestrians and residents on Gangadhara Chetty Road and Annaswamy Mudaliar Road were hopeful that they too would get the much-needed intervention when BBMP assistant executive engineer Bhima Naik engaged a few workers on Saturday to remove hanging cables on Halasuru Road -- but that was not to be.

"I thought the BBMP assistant executive engineer would take measures to remove hanging cables from all the roads but he disappointed me. He focused only on Halasuru Road and completely neglected Gangadhara Chetty Road and Annaswamy Mudaliar Road. The engineer has to remove all hanging cables if it should be of any benefit to pedestrians," said V Purushotham of Halasuru Rising.


BangaloreMirror
Despite provisions underground for laying cables, entire trees in neighbourhoods such as Halasuru are covered in wires
WIRETAPPING
No streetlights on one side of Annaswamy Mudaliar Road

BM had reported on May 21 that many parts of Halasuru are in the grip of an expanding and ever-invasive cable menace

Workers busy removing cables from a tree on Halasuru Road. The cables were all over the tree and spilling on to the footpath making it difficult for the pedestrians, especially at night

"I am happy with the BBMP for switching on street lights. Now they must remove the hanging cables – Uday Bali, resident of Annaswamy Mudaliar Road

He said the BBMP assistant executive engineer has gone incommunicado too for the last two days. "I have tried many times to contact him but in vain," he said.

Meanwhile, Karan Singh, a resident of Aga Abbas Ali Road, said the BBMP should take preventive measures instead of engaging men to remove hanging cables. "The authorities concerned must take measures to prevent private companies from misusing public places. We have to wait and watch if the BBMP assistant executive engineer will get hanging cables removed from all the roads or will keep it limited to Halasuru Road," said Singh.

However, Uday Bali, a resident of Annaswamy Mudaliar Road, said he was happy to see street lights on both sides of the road.

"I am happy with the BBMP street lights department for switching on street lights. Proper lighting will be a great help to pedestrians in the nights. Now, they must remove hanging cables on Annaswamy Mudaliar Road," said Bali.

Palani S, a pedestrian, blamed the BBMP for the hanging cable menace around Halasuru Lake. "It has become unsafe for pedestrians to walk on the footpath due to hanging cables," said Palani.

Meanwhile, BBMP assistant executive engineer Bhima Naik was not available to comment or explain why he failed to remove hanging cables on Annaswamy Mudaliar Road and Gangadhara Chetty Road so far.

No differences with Siddaramaiah: DKS

Karnataka Congress president D K Shivakumar on Sunday rejected reports about differences between him and Congress Legislature party leader Siddaramaiah regarding the recommendations made by the state unit on candidates to the party high command for the upcoming MLC polls. With May 24 being the last date to file nominations for the polls to seven seats of the Karnataka Legislative Council to be elected by MLAs, he said the state unit has sent its recommendations on candidates to the party high command and the decision will be out soon.

"The tradition in the Congress party is, we share our opinion (with the high command). Over 100 aspirants had applied or desired, few others did not apply but have the required qualification. We have sent in our recommendation considering all those, and the high command will take the final decision," Shivakumar said. Speaking to reporters here, he said the state unit only sends the recommendation but does not take sides as to who should be given the ticket.

To a question on reports about him and Siddaramaiah not being on the same page regarding the recommendations, the KPCC chief said both of them have discussed and unanimously sent in the proposals. "There are only two seats, how many names can we give? So considering all aspects, we have sent in names. The high command will decide," he added.

The election which will be held on June 3, is necessitated as the term of office of seven members is going to expire on June 14. – PTI

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Gravel situation
Sir MV Layout

This is the main road in Sir MV Layout 1st block. Many accidents have taken place in these trenches, but the BDA is least concerned about getting this stretch repaired. It has been in this state for six months now.

Narrow-minded
Koramangala

Look at this narrow lane at Muniswamy Garden, Koramangala. It is an example of how BBMP has failed to provide even the most basic amenities at an area that is considered to be among the better-off areas of the city.

Dumpster
CV Raman Nagar

CV Raman Nagar has become a garbage dump nagar. Eery corner welcomes us with filth. We request some sustained effort to use tax payers' money properly for a change. And that too immediately!

Meet the Achievers of Bengaluru

Bangalore Mirror and **Vijay Karnataka** recognised the achievers of Bengaluru for their yeoman contribution to various sectors. These achievers were felicitated at a glittering programme held in the city on Friday evening by Home Minister Araga Jnanendra, actor Dhananjaya and actress Sanjanaa Anand

Bangalore Mirror and sister concern Vijay Karnataka felicitated achievers from different fields with the prestigious "Achievers of Bangalore" award to commemorate their outstanding contributions. Karnataka Home Minister, Araga Jnanendra, actors Dhananjaya and Sanjanaa Anand were chief guests. Achievers from different walks of life were present at the event. Most awardees came from a humble background. Their journey was tough, but they did it with sheer determination. The families and friends of awardees were elated to be a part of the ceremony.

What AWARDEES said

● Honouring achievers by identifying them it is an achievement. I wish Bangalore Mirror and Vijaya Karnataka will continue to recognise and felicitate more achievers in the future.

— **Chethan Kumar**, Film Director

(for directing memorable film James)

● This prestigious award has increased my responsibility and inspired me to do more work. In fact, my enthusiasm has doubled. It is a matter of pride to receive this award on big platform.

— **Dr.Sunitha Manjunath**, Founder, Sumanaa Foundation (Sundara Manasina Nagarikaru)

(for outstanding achievement in the field of Social Service)

● This prestigious award will inspire us to work more effectively. I am happy that my work has been recognised by prestigious media like Bangalore Mirror and Vijay Karnataka.

— **P Vijay Kumar Shetty**, Chairman and Managing Director, Chittari Agricare Pvt. Ltd-Nutriment

(for outstanding achievement in the field of Agro Industries)

● Till date, I have received many awards. But, this award is very special and close to my heart.

— **Dr.A R Nagesh,** Managing Director, Subhas Enterprises

(for outstanding achievement in the field of Book Publishing)

● When we are awarded for our work, we will get more enthusiasm to achieve more. Let Bangalore Mirror identify more such achievers.

— **Shashikumar Thimmaiah**
Founder and Director, Agri process Innovations and Technologies (APIT)

(for outstanding achievement in the field of Food processing and technology)

● Identifying the achievers who have stayed away from mainstream will inspire us to achieve more. I am very thankful for identifying my achievements.

— **Amit Kumar,** Director, Bengaluru Squad Services Pvt Ltd.

(for outstanding achievement in the field of Quality Security Services)

● Unlike other awards, this one is very special as it is instituted by Bangalore Mirror and VK. I wish both the publications organise many meaningful events in the future.

— **Ashok M Vittalwadi** MD, Gravity Club Resorts India Pvt.Ltd

(for Outstanding contribution in the field of Hospitality Industry)

● I am very happy for receiving this award. I am dedicating this award to my wife and staff for standing with me always.

— **S P Dayanand**, Executive Director, DS -Max Properties Pvt.Ltd

(for outstanding contribution in the field of Real Estate)

● It is a proud moment for recognising my work during the Covid times. This award has inspired more to do more service to the society.

— **Kanthi Shetty**, Member, Karnataka Tulu Sahitya Academy

(for outstanding contribution in the field of Social Service)

● I am very thankful to BM and VK for recognizing and awarding me. This is an inspiration for expanding my social service.

— **K N Sunil Kumar**, Founder/Proprietor, Abbee Hearing Solutions

(for outstanding contribution in the field of Hearing Instrument Industry)

● I am happy that my achievements are recognised. No newspaper takes this initiative of promoting people. I thank BM and VK for this splendid job.

— **Anand V Bhat**, MD & CEO, BNB Security and Automation Service Pvt. Ltd

(Outstanding contribution in the field of Electronic Automations)

● I am thankful to BM and VK for awarding me and bringing me to this larger platform

— **M Chandrashekar**, Proprietor, Sri Bandi Mahakali Flour Mill, Sri Lakshmi Narasimhaswamy Water Service Centre

(outstanding contribution in the field of Social Service)

● We are providing cost effective treatment for cancer patients. I am happy that BM and VK recognised this service.

— **Dr.Anil Kumar M R,** Chairman and Managing Director Oncoville Cancer Hospital and Research Centre

(for outstanding contribution in the field of Oncology)

● We generally don't expect any awards as we focus only on business. Today, I want to thank BM and VK for recognizing our work and honouring us.

— **Deepak M Nayak**, MD, Aishwarya Tea Industries

(for outstanding contribution in the field of Food and Beverages)

● Instituting awards like this is definitely a very good initiative. We met achievers from various fields and this has inspired me to achieve more.

— **H R Mallikarjunaiah**, Chairman, Chinmayee Education Trust(R) & New Carmel Group of Institutions

(for outstanding contribution in the field of Education)

● There are so many who have achieved in various fields without recognition. Today, I am happy our work is recognised.

— **M Munegowda**, MD, SVC Group

(for outstanding contribution in the field of Logistics)

● Awards will increase respect as well as responsibility. This is helpful in doing more good works.

— **Dr. Vishwa Cariappa B S**, Founder and Chairman and Managing Director, San Group of Companies

(for outstanding contribution in the field of Real Estate-Land Development)

● Recognising and awarding the achievers of different sectors is definitely a commendable job

— **Kishore Pathikonda**, Film Producer, Kishore Productions

(for producing memorable film-James)

● We are providing treatment without any side effects through Homeopathy. Our responsibility has now increased thanks to BM and VK for recognising and awarding this social initiative.

— **Dr.Manjunath,** Namma Homeopathy

(for outstanding contribution in the field of Medical Services and Treatment of Homeopathy)

● Recognising good work will inspire people to do more work. I wish BM and VK continue to recognise and honour more achievers.

— **Sathish K**, President, Adwika Group of Institutions

(for outstanding contribution in the field of Education)

● Many are doing yeoman service for the society. When they are honoured, it will inspire them to achieve more. Today, I am happy to be identified among the achievers.

— **R Shivakumar Bhadraiah**, Co-Founder and CEO, RV Bhadraiah Poojaloka Pvt.Ltd

(for outstanding contribution in the field of Pooja items manufacturing and marketing industry)

● I am a regular reader of BM and VK. Today, I am really happy that my favourite newspapers have recognised my work.

— **Dr.Vanishree Vishwanath**, President, Rythara Seva Sahakara Sangha Niyamitha, Singanayakanahalli

(for outstanding contribution in the field of Cooperative Sector)

● Achievers have got a chance to introspect on their work with this prestigious award. There should be no full stop to our work, but we need to continue to work more.

— **Dr.K R Venkatesh Gowda**, Founder, Prerana Foundation

(for outstanding contribution in the field of Social Service)

● It is definitely a happy occasion that my work has been recognised by Bangalore M irror and Vijay Karnataka.

— **Dr. Kishore K S**, Intervention Cardiologist, Sagar Hospital

(for outstanding contribution in the field of Cardiology)

● Society-oriented work is always recognised and today's award is the best example for this. I really feel proud to receive this prestigious award from Bangalore Mirror and Vijay Karnataka.

— **Dr. S J Pradeep**, Medical Director, Kanva Sri Sai Hospital (A unit of RRHCF)

(for outstanding contribution in the field of Healthcare and Administration)

● We should always do the best in the society. This prestigious award is definitely an inspiration to many people like me. I wish more achievers are identified and recognised in the future.

— **Manohar Iyer**, Founder and CEO, Saptham Food and Beverages Pvt.Ltd

(for outstanding contribution in the field of Cold pressed oil)

(By Shreyashi Mukherjee & Prakash VL)

Home Minister Araga Jnanendra

"I am happy to meet the achievers of Bengaluru. We are proud of their achievements. I thank Bangalore Mirror and Vijay Karnataka for recognising their achievements and this recognition will encourage them to achieve more and more. At this juncture, I am glad that both the newspapers-Bangalore Mirror and Vijay Karnataka are socially conscious and always in the forefront of recognising achievers time and again.

Actor Dhananjaya

"I may be a hero on screen. However, there are hundreds who are behind the screen who work tirelessly to ensure that I look good on the screen. I consider all those people working behind the screen are real achievers. Today, I am happy to meet so many achievers from Bengaluru. I believe that achievers are not those who think only about themselves, but the real achievers are those who have contributed to the society. I thank Bangalore Mirror and VK for recognising their achievements.

Actress Sanjanaa Anand

"Congratulations to everyone as you guys are the real heroes. I hope that Bangalore Mirror and VK will continue to encourage more and more achievers in the coming days.

How BBMP schools fared in SSLC exams

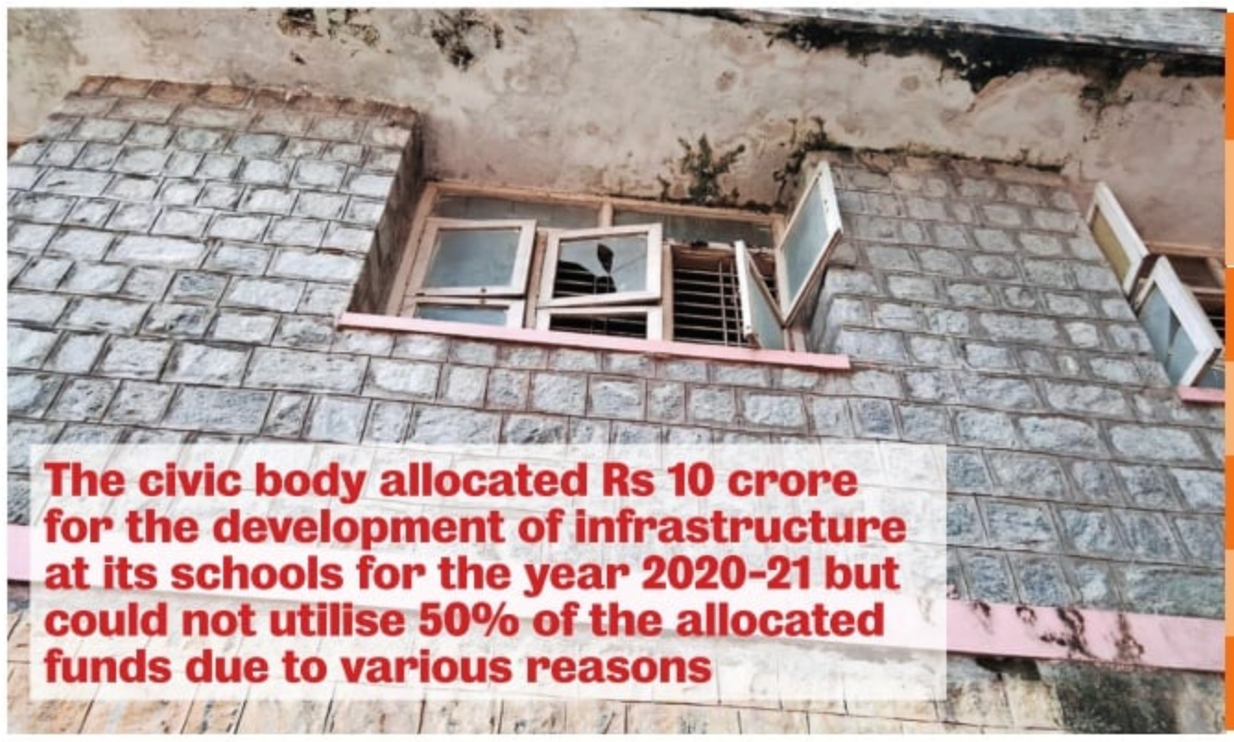
CONTINUED FROM PAGE 1

said the headmaster of a BBMP High School in East Bengaluru.

The headmaster of a high school that drew a blank in the SSLC examination attributed lack of interest among the students as well as parents as the main reason for the failure in SSLC examination.

"The problem with the students here is that they are not punctual in attending classes. They are also not inclined to pursue higher education. A death or a marriage function in the area is enough for these students to bunk classes for one or two days. Their parents are also apathetic in sending children to school regularly," said the headmaster.

The infrastructure facilities at BBMP High School, Murphy Town, are far from satisfactory. The high school was meant for girls but later the BBMP authorities allowed admission of boys to ensure sufficient number of students. However, the education department is yet to construct toilets for boys who have no other option than to use the toilets meant for girls. The students are not able to use the computer lab too.



The civic body allocated Rs 10 crore for the development of infrastructure at its schools for the year 2020-21 but could not utilise 50% of the allocated funds due to various reasons

The BBMP's education department also faces allegations of corruption in the distribution of books, uniforms and shoes to students, every academic year.

Students from 16 out of 33 high schools failed to get first class. While 27 among 224 students of the BBMP High School at Basaveswaranagar passed in first class, 21 among 162 students from BBMP High School at Herohalli, 12 among 179 BBMP High School at Cleveland Town, 17 among 116 students from BBMP High School at Laggere, 19 among 77 students from BBMP High School at Srirampura, and 12 among 75 students from BBMP High School at Vijayanagar passed with first class.

BBMP education department has decided to felicitate 144 students who scored high marks in the SSLC examination with cash award of Rs 25,000 each. BBMP administrator Rakesh Singh and chief commissioner Tushar Giri Nath congratulated Ujwala MC for scoring 616 out of 625 marks in the SSLC examination alongside all students who scored high marks.

"I joined the BBMP High School at Srirampura because my parents could not afford to pay school fee. Prior to this, I was studying at a private school at Malleswaram. I joined the BBMP High School since the private school management increased the tuition fee from Rs 18,000 to Rs 26,000. My mother is a homemaker and father works at a swimming pool. Now, I want to pursue higher studies; my favourite subject is science," Ujwala told BM.

PASS PERCENTAGE OF BBMP HIGH SCHOOLS

No. of high schools: **33**

51.92%	in 2017-18
52.24%	in 2018-19
50.16%	in 2019-20
99.94%	in 2020-21
77.27%	in 2021-22

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I, Shyalarani Ravi W/o Ravi L.D R/o No.151, 3rd cross, Ramakrishna garden, Mathikere, Bengaluru 560054 have changed my name to Shylarani Sannalingaiah affidavit Dt.21/05/2022 notary H.G Venkataramu, B'luru

I Udaya Satish Mavinkurve W/O, Satish Mavinkurve (satish Anant Mavinkurve) R/o N0-03,pearl Pavan Apts,n0.98,6th Main Road, malleshwaram, bengaluru-560003 have changed my name to Udaya Mavinkurve

I, Nagashree Chikkanayakanahalli Shankarmurthy W/o Raghunandan B.H R/o No.9, Madhuvana Lake city, Kodichikkanahalli, Bengaluru 560076 have changed my name to Nagashree Raghunandan affidavit Dt.21/05/2022 notary, H.G Venkataramu, B'luru

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GET NOTICED

Stipend hope dawns for MBBS interns at pvt colleges

Medical Commission issues circular asking all pvt colleges to pay stipends to interns

Iffath Fathima @timesgroup.com
TWEETS @BangaloreMIRROR

In a relief to MBBS students serving as interns at private medical colleges in Karnataka and denied stipends, the National Medical Commission (NMC) has issued a circular asking that the necessary stipend be paid.

The NMC stated that some medical colleges across the country are charging internship fees from the interns, Indian and Foreign medical graduates for doing their internship at their institutes and also not paying stipend to them.

The National Student Union Of India (NSUI), Karnataka, recently wrote to Dr Aruna V Vanikar, President, Undergraduate Medical Education Board, regarding the non-payment of stipends to final-year MBBS students interns, serving in private medical colleges.

The circular signed by Shambu Sharan Kumar, Deputy Secretary, NMC said, "As per the provisions of the NMC's CRMI Regulation 2021, interns (not more than 15 interns at any given time in one centre) are posted at Rural Health Centres for a period of 12 weeks. However, it has been observed that due to the paucity of Rural Centres adopted by college authorities, a large number of interns are posted in one Rural Centre. Therefore, the college authorities are advised to adopt more Rural Centres to accommodate internship training and also provide residential accommodation or transportation (to and from Rural Centres) to these interns at the cost of college authorities. All State Medical Councils and Directorates of Medical Education are requested to kindly take immediate necessary action in this regard and ensure that no internship fee is charged by the medical colleges/institutes from these interns, Indian and Foreign Medical Graduates, and

Students say now it is up to the government to ensure that the medical, dental colleges do pay up

stipend including other facilities is being provided to FMGs as equivalent to Indian Medical Graduates in the States/UTs."

Sanjay Raj, State secretary, University incharge RGUHS, NSUI Karnataka they were planning to seek justice through high court. "Before the movement through court, NMC released the notification on May 19. It's a good move that NMC is at least talking about the stipend issue after 3-4 years and has directed the government and medical education department to take action regarding this. The government must direct all private medical and dental colleges to pay stipends. If not, we will seek justice in court," he said.

The students pointed out that during the pandemic, all the students were working endlessly putting their lives at risk. "The students in private medical colleges are used as machines to make money and for exploitation. Many students come from various districts and states to work here. They have to pay for accommodation themselves. The NMC circular is a huge relief, but it is for the state government officials to take a step forward and help students," said a student.

Good news, weighty worry

Increase in cases of low-weight newborns causing some concern

Sridhar.Vivan @timesgroup.com
TWEETS @sridharVMIRROR

According to the latest National Health Family Survey details, 1.4% of babies born in the state are very small in size

Birth of a baby can bring a lot of joy to the families but for many families this joy is overshadowed with a gnawing tension as there is an increase in cases of under-weight babies being born.

According to the latest National Health Family Survey details, 1.4% of babies born in the state are very small in size while 4.3% babies are smaller than average and 93.8% of babies are of average or large weight. Based on the weight, newborns are classified as low birth weight (LBW) less than 2.5kg, very low birth weight (VLBW) less than 1.5kg and extremely low birth weight (ELBW) less than 1kg.

The ideal weight of a baby is usually above 2.5kg. However, doctors say that this also depends on the gestational age and the growth trends and the genetic potential of the baby. Weight can be a good indicator of a baby's health. According to the World Health Organisation, the average weight of a new-born is around 3.2 to 3.4kg. It is important to note that the average weight is not necessarily the normal weight. Most full-term healthy babies should ideally weigh anywhere between 2.5 to 3.8 kg. If a baby weighs less than 2.5kg (i.e. 5.5 pounds) that would be considered as low birth weight.

"Any birth weight less than 2.5kg is called a low birth weight. The weight is usually plotted on a growth chart and is termed as adequate or small. Usually, low birth weight can be constitutional which means all the babies in the family may have been small. The other common reasons are prematurity, pregnancy induced hypertension, placental insufficiency (inadequate blood flow to the baby from the mother), intrauterine infections and chromosomal problems," says Dr. Saravanan R (Consultant-Neonatology, Rainbow Children's Hospital). Dr Santosh Kumar K (Consultant - Paediatrician and Neonatologist, Motherhood Hospital) added that there could be other factors like substance abuse like smoking and drinking alcohol, high blood pressure during pregnancy to name a few.

If the mother suffers with infections like rubella, cytomegalovirus, syphilis or toxoplasmosis during the pregnancy, it could also result in poor growth of the baby.

For doctors, the transition to outer environment during the First Golden Minute (FGM) or the First Golden Hour (FGH) is important. "Fetal risk factors are assessed, and the treatment protocols are planned accordingly. Those babies requiring acute care and at risk are admitted and treated in the Neonatal Intensive Care Unit; those who are not at risk are monitored alongside mothers with vitals like temperature, sugars, and heart rate at regular intervals. Babies born with Low birth weight will require a temperature-controlled incubator or warmers to maintain their body temperature as amniotic fluid in the mother's womb keeps them warm. Those babies with Extreme Low birth weight and Very Low birth weight will require parenteral nutrition, extreme care while feeding, treating infections, medications to maintain their vitals, minimal handling and protecting the vital organs during the care and promoting grow and developmental milestones," added Dr Kumar.

There are many cases of babies being born 'overweight' as well. If the baby weighs 4.5kg or more at birth, the condition is known as "Fetal macrosomia". Several factors can contribute to large birth weight as well. The problem the baby may face is difficulty during birth and baby extraction. After birth the baby may have breathing problems and low sugar levels. It's imperative that parents feed the bigger babies

"Any birth weight less than 2.5kg is called a low birth weight. The weight is plotted on a growth chart

–Dr Saravanan R, Rainbow Hospital

more milk to ensure the blood sugar levels are maintained. Parents should know that low blood sugar has long lasting brain damage to the baby.

'Don't be fixated'

Dr Saravanan added the first thing is the pregnant mother should not be fixated with the weight of her baby. But at the same time the trends in the weight during pregnancy is important. The scans will have a growth chart to plot the weight. Usually the baby follows one centile in the growth chart. Any faltering in the growth curves is a concern. Healthy diet during pregnancy plays a role.

Dr Kanchan S Channawar (Senior Pediatrician - Kamineni Hospitals) added that the average birth weight of an Indian baby was around 2.9kg. The growth pattern of a baby is assessed not only by weight but also considering gestational age (GA) at which the baby is born. It is done by plotting weight against GA on graphs, Dr Channawar added.

IN BRIEF

Infosys reappoints Salil Parekh as CEO & MD

IT giant Infosys has reappointed Salil Parekh as the Chief Executive Officer and Managing Director of the company for 5 years. Infosys board on Sunday in its public statement to BSE informed about the decision made by the Board of the directors.

"Reappointment of Salil Parekh as CEO and MD of the company from July 1, 2022, to March 31, 2027, subject to the approval of shareholders," the statement by Infosys said.

Infosys in its statement further stated that it may be noted that Salil Parekh has no relationship with any member of the Board of Directors and meets all the criteria to be reappointed as CEO and MD under applicable laws including circulars issued by stock exchanges from time to time. —IANS

Grammy winner Ricky Kej's jibe on 'Brand India' stirs controversy

Two-time Grammy-winning music composer Ricky Kej's jibe on 'Brand India' while criticising the immigration process at KempeGowda International Airport in Bengaluru stirred a controversy on Sunday.

Ricky had tweeted, "How are we expected to build 'brand India' if this is the welcome that everyone gets by the airports. The first impression of India for foreign travelers."

Following the mixed response and criticism for his tweet posted at 3 am, Ricky questioned on Twitter again later on Sunday that why not try and be among the best?

— IANS

Karnataka's no. 1, says CM as he flies to Davos

Bommai boasts about Karnataka's number one position in FDI inflow

Karnataka Chief Minister Basavaraj Bommai on Sunday boasted about the state's number one position across the country in attracting Foreign Direct Investment (FDI) inflow, as he departed to the Swiss ski resort town of Davos, to take part in the World Economic Forum's annual meeting.

He expressed confidence about attracting more investments into the state from this visit, and during the Global Investors Meet scheduled to be organised in November.

The Chief Minister is leading a delegation from the state to Davos, comprising Industries Minister Murugesh Nirani, Information Technology and Biotechnology (IT/BT) Minister C N Ashwath Narayan, and top officials. "We will be leaving Sunday and from Monday sessions will start there (WEF). On Monday, there is one session and another one on May 24, we will be attending both. We will be meeting several world leaders and industrialists there," Bommai told reporters before leaving for Davos.

Noting that in the quarter ended recently, the highest Foreign Direct Investment has flown into India, which is good news, he said, "Karnataka stands number one in that, like last four quarters, during this quarter too Karnataka has received highest FDI. So, we are encouraged, several foreign and Indian industries are keen on investing in Karnataka. We are confident of getting a good response during the Global Investors Meet scheduled for November."

This will be Bommai's first overseas trip as Chief Minister. Earlier there was speculation over whether he would travel to Davos

The government will be taking all the measures to see to it that it not only signs MoUs, but industries actually get established in the state, he added. This will be Bommai's first overseas trip as Chief Minister. There was speculation on whether he will travel to Davos.

Bommai's predecessor B S Yediyurappa had attended the Davos summit in January 2020, following which the BJP government in the state had introduced major reforms, including a policy change, by making it easier for investors to purchase land from farmers.

> **"I welcome all the foreign investors to Karnataka and assure that we will provide the best of infrastructural facilities**
>
> – Chief Minister Basavaraj Bommai

"All set to participate in World Economic Forum Summit at Davos. Will be interacting with business heads of 18 countries about important economic & environmental issues. Davos will give great impetus to upcoming #InvestKarnataka2022 Global Investors' Meet," Bommai tweeted.

Pointing out that India has reported the highest FDI Inflow to the tune of USD 83.57 billion for the financial year 2021-22, in another tweet, he said, "In the computer hardware and software sector, Karnataka bagged the highest share of the FDI inflow (53%) followed by Delhi & Maharashtra (17% Each)." "I welcome all the foreign investors to Karnataka and assure that we will provide the best of infrastructural facilities," he added. **– PTI**

Hope flutters after chick sighting at vulture sanctuary

The recent sighting of a long-billed vulture chick at the Ramadevarabetta sanctuary has come as a shot in the arm for the wildlife lovers and the Karnataka forest department. The last time this happened was nearly seven years ago, forest department officials said.

It's been a sad story for vultures in India. The nine species of vultures that thrived in the country are on the verge of extinction. Of these, the long-billed vulture is practically on its last legs in the wild in Karnataka. Spread over 800-acre expanse in the hilly, wooded areas of Ramanagara district, the vulture sanctuary is the last hope for these winged scavengers. After it was accorded sanctuary status in 2012, the authorities have clamped down on film shooting activities in the area and streamlined the tourist activity also.

"We have bifurcated the tourism activities into temple and wildlife groups. So people going to the temple will not cause unnecessary disturbance to the vultures. Only people specifically interested in nature and wildlife venture into the sanctuary," said V Devaraj, Deputy Conservator of Forests, Ramanagara district.

Ramadevarabetta is also the only area in south India to be earmarked as a protected habitat for this vulture species which have dropped to dangerously low levels over the past decade.

Reduced habitat and pollution apart, vultures have largely fallen prey to man-made factors. Earlier, vultures would descend upon carcasses of livestock left in the open on village outskirts. That practice is no longer in vogue as the villagers bury the dead animals for claiming insurance money after selling the skin to leather merchants. And then, for long, the vultures used to feed on the carcasses of livestock administered with diclofenac-based anti-inflammatory drugs. This also led to a drastic fall in vulture numbers.

> **"We have bifurcated the tourism activities into temple and wildlife groups**
>
> – V Devaraj, DCF, Ramanagara

With the latest sighting of the vulture chick at Ramadevarabetta, the number of long-billed vultures at the sanctuary now has officially risen to five. Although it is a good sign, it is clearly not enough to keep the rare vulture species from dying out. Actually, nobody is really sure of the real numbers. "We have one photograph of two pairs of vultures in the frame. So it means there are four vultures. Now recently, with the sighting of the chick, we know there are at least five vultures in the sanctuary," said Devaraj.

One of the reasons for the uncertainty over vulture numbers is the difficulty in tracking these giant birds. Visual identification is the only way that the bird watchers and forest authorities can keep track of the vultures. Admittedly it is a very unreliable approach. Added to this, vultures are sexually dimorphic which makes it impossible to differentiate between the male and female species by sight.

To overcome these hurdles, the forest authorities are exploring genetic profiling of the birds, and have tied up with Mysore University.

"By observing the DNA samples collected from feathers or fecal matter, we can find out how many male and female vultures are present. This information can be used for maintaining gender ratios during breeding programs," said Prof Malini Suttur, Chairperson, Department of Genetics and Genomics, University of Mysore.

With a pair of vultures hatching one egg in a season, growing the numbers is certainly a long-drawn process. To boost the vulture population, is a vulture breeding centre being set up at the Bannerghatta National Park on the outskirts of Bengaluru. The centre is expected to be functional in a year's time. "We are expecting that in the next five years, we will be able to breed quite a few vultures at the breeding centre in Bannerghatta, and release them into the sanctuary at Ramadevarabetta," said Devaraj. **– IANS**

RR Nagar to Everest summit

CONTINUED FROM PAGE 1

Nepal, I learnt wall climbing to build coordination between the upper and lower body," said Nataraj.

On April 4, Nataraj reached Kathmandu and trekked to the base camp. Unfortunately, he suffered high-altitude pulmonary edema, with fluid buildup in the lungs. He was brought down to Lukla and hospitalised. However, Nataraj restarted his attempt and reached base camp on May 5.

One can only climb Mount Everest during a short window every year. This year it fell between May 12 and May 20. The wind speeds at the peak can be around 250 km ph; the annual cyclone in May also travels at around 230 km ph. Both neutralise each other, creating appropriate wind-speeds for climbing.

"On May 12, we left the base camp (5,364 m) at 2:00 am headed towards camp 2. After crossing the Khumbu Icefall, we reached camp 2 (6,100 m) at around 12:30 pm. On May 13, we left for camp 3 (7,100 m) at around 6:00 am and reached at 10:30 pm. For the final stretch, the Death Zone, between camp 4 and summit, we left on May 14, at 8:00 pm. After 12 hours of strenuous climbing, we summitted on May 15 at 8:04 am. It took us 12 hours to complete 900 m, the most time consuming and the riskiest part where you may require oxygen. A large number of people were already up there, creating queues," he added.

While camp 1, and 2 provided fresh food, at camp 3 you needed to carry instant food and you had to wait for an hour to boil water. Nataraj noted the most challenging part of the journey was the last step to the summit known as the Hillary step. "The crampons (high-altitude boots) make your feet slip. There is no snow here and it's just rock. It's also extremely chilling as you look below; you can see the dead bodies of people still well-preserved," added Nataraj.

"As I reached the summit, I felt like I was meditating. I didn't feel the need to take pictures or do anything. I stayed for 40 minutes at the peak and then began my climb down" While there is no eligibility or health requirement for the expedition, summiteers are required to take both evacuation and life insurance, essential to get a permit.

It's very difficult to get sponsorship. Nataraj had to drain his savings. An expedition could cost around Rs 50-60 lakh. "Due to the European and American enthusiasts demanding better facilities, the costs have gone up, rising every year. At EBC, you have five-star hotel services in tents big enough to walk in. The permit tariff of the Nepal government has also gone up," he added.

When asked about how he managed to balance work and training, Nataraj said he availed all his leaves. 'With remote working, I was able to work at EBC. There was a good internet connection; I could attend calls and reply to emails," he added.

Nataraj is planning to climb Ama Dablam this October and Lhotse next year; he also has plans to scale all the seven summits in the coming years.

Secretary of the Karnataka Mountaineering Association, Srivatsva, said, "Right now, till December, around 501 summiteers will be on Everest. Either there will be a team climbing along with the Indian Army or some civilians. Any qualified mountaineer can climb Everest.

There are four institutes in India and there are several agencies that provide training. Roughly, it takes 27 days to qualify from these institutes; they charge around Rs 19,000 under subsidised programmes by the state government."

Dance, everybody

Tend to get sweaty on the dance floor. It's all for good reasons. The shimmies, the shakes, the pirouettes, and the backflips burn a lot of calories and do a lot of other amazing things for your body.

Dancing is one of the greatest pleasures. It comes with music, beats, and synced motions to express the unsaid emotions. Whether it's a party or just spending time with yourself, there is always an undeniably irresistible reason behind moving to a good beat.While dancing is just plain fun and moving, there are some good reasons to do it every day.

Increases the calorie burning

Walking burn: 100 to 200 calories in 30 mins Dancing burn: 200-400 calories in 30 mins Running burn: 200-400 calories in 30 mins Swimming burn: 200-250 calories in 30 mins Cycling burn: 200-300 calories in 30 mins You may anticipate burning 100 to 200 calories by vigorously walking for 30 minutes. If you opt to run or swim, the quantity may be greater. When you choose continuous dancing, though, you may burn up to 400 calories in the same amount of time.

Even a gentle or simply coordinated movement for 30 minutes can burn the same number of calories as swimming or cycling.

On the internet, there is a popular saying that if running is like driving on a freeway, dancing is more like driving through a bustling city.

Dance has such great results because it involves voluntary movements in all directions. In running, walking, or swimming, there is constantly an accelerating force; yet, in dancing, there is always synchronised deceleration and acceleration.

Positive impact on flexibility, endurance & strength

Torching calories is not the only upside of dancing; it impacts the flexibility, endurance, and strength of your body. Unlike straight-up running, which aids up-down and side-to-side motions, dancing activates even the lower-body joints, muscles, and tendons. The omnidirectional movements train and activate many tendons and small muscles.

A comparative study on Balance & Flexibility between Dancers and Non-Dancers shows that dance has put a positive impact on fitness variables balance and flexibility.

There is another conclusive report that says an Anterior cruciate ligament (ACL) injury is less common among dancers than among other sports players.

Mood and mind benefits

Dancing, like any other physical activity, appears to improve your mood and mental wellness. According to a UCLA health research study published in 2021, free-flowing dancing motions resulted in good mental health effects for individuals who chose to dance.A total of 1,000 patients suffering from anxiety, depression, and trauma took part in the study. Almost 98 percent of dancers' mental health improved after they practised and let their bodies move with the flow.

Dancing helps with improved energy, a buoyed mood, and lowered stress.

Influence on the white matter of the brain

A study published in the journal 'Frontiers in Ageing Neuroscience' compared the effects of walking, stretching, and dancing on the white matter of ageing brains. The study connected dancing to increased 'white matter' integrity in elderly people's brains.

White matter in your brain is made up of connective tissues that might deteriorate over time. The deterioration causes issues with processing speed, reasoning, and remembering.

Unlike walking and stretching, the synchronised movements of dance-choreography must be memorised via your body and mind. The white matter of elderly people who participated in dance improved after 6 weeks of hard choreography.

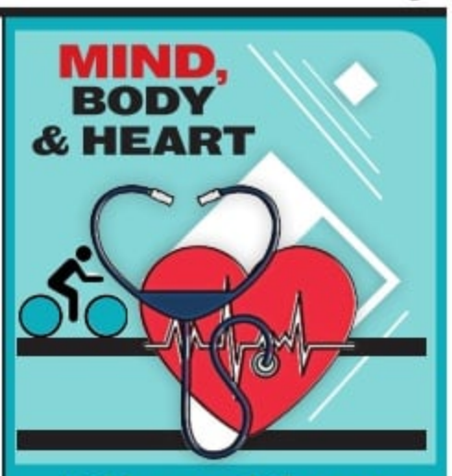
Psychological benefits of dance

A dance may do great things for your psychology. For many years and decades, therapists have recommended dancing as an excellent treatment for social anxiety and fear of speaking in public.The rationale for proposing dancing is to relax before performing a backflip in front of strangers. If you can perform a backflip in front of an audience, you will be less self-conscious when it comes to public speaking.

Dance promotes socialising and building relationships with others. The synchronised movements you do with others in a dance class blur the lines and allow you to connect with your fellow dancers.

Boost physical connectivity

Last but not least, dancing improves physical connectedness. When it comes to dancing with a partner, there is always a touch factor that brings distinct benefits. Holding hands, touching waists, and other dancing gestures to help maintain and improve a human-to-human physical connection.Salsa's sensuous touch or ball dance's romanticism, each part relieves tension and anxiety and aids in the maintenance of good relationships.Put all of this together, and there is nothing that can't persuade you to put on your dancing shoes. —IANS



All problems solved

Dear Coleen

I've been with my boyfriend for a couple of years and we moved in together about a year ago. I do love him, but I have a huge problem with the relationship because he gets so jealous and sulks if I'm not there for him. He gets like this if I see friends, colleagues, even my mum, and I'm just not used to being with someone who relies on me so much. We got a puppy six months ago and he even gets jealous and whiney if I spend too much time with her. With previous boyfriends, we've had independent lives, as well as a life together, which in my book is normal and healthy. I hate his clinginess! I think his mum's to blame, or at least his relationship with her. He's her only son - he has three sisters - and she fusses over him so much I feel nauseous in their company. Can I do anything about this?

COLEEN SAYS

Well, it seems like he expects you to step into his mother's shoes, which is irritating and not very sexy. I think you might be fighting a losing battle when it comes to changing his mum's behaviour, so I wouldn't even try. However, you could keep your visits to the in-laws to a minimum so you don't have to be irritated by it. I'm sure he'll love having his mum all to himself ! Also, you don't have to pander to him. Don't indulge his behaviour, and tell him directly that you feel suffocated by his constant need for attention. Just because you walk the dog or phone a friend doesn't mean you don't love him! Of course, it's healthier for your relationship to have a life and interests outside of each other, and you have to make it clear that you're not going to take on his mum's role. I think unless you confront these issues now and change the pattern of behaviour, the relationship won't last.

—Coleen Nolan, Daily Mirror

MIRRORLIGHTS

Drinking alcohol may be more injurious to heart health

According to a study, levels of alcohol consumption currently considered safe by some countries are linked with the development of heart failure.

The study was published in the journal, 'Cardiology'.

"This study adds to the body of evidence that a more cautious approach to alcohol consumption is needed," said study author Dr Bethany Wong of St. Vincent's University Hospital, Dublin, Ireland.

"To minimise the risk of alcohol causing harm to the heart, if you don't drink, don't start. If you do drink, limit your weekly consumption to less than one bottle of wine or less than three-and-a-half 500 ml cans of 4.5 per cent beer," he added. According to the World Health Organization, the European Union is the heaviest-drinking region in the world. While it is well

recognised that long-term heavy alcohol use can cause a type of heart failure called alcoholic cardiomyopathy, evidence from Asian populations suggests that lower amounts may also be detrimental.

"As there are genetic and environmental differences between Asian and European populations this study investigated if there was a similar relationship between alcohol and cardiac changes in Europeans at risk of heart failure or with pre-heart failure," said Dr Wong. "The mainstay of treatment for this group is the management of risk factors such as alcohol, so knowledge about safe levels is crucial," he added. —ANI

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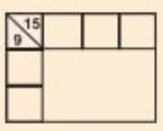
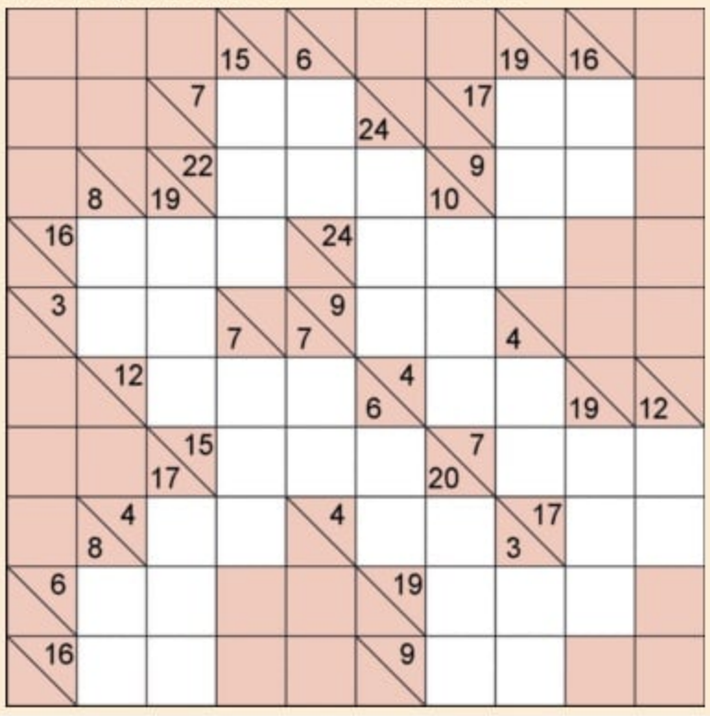
Kakuro

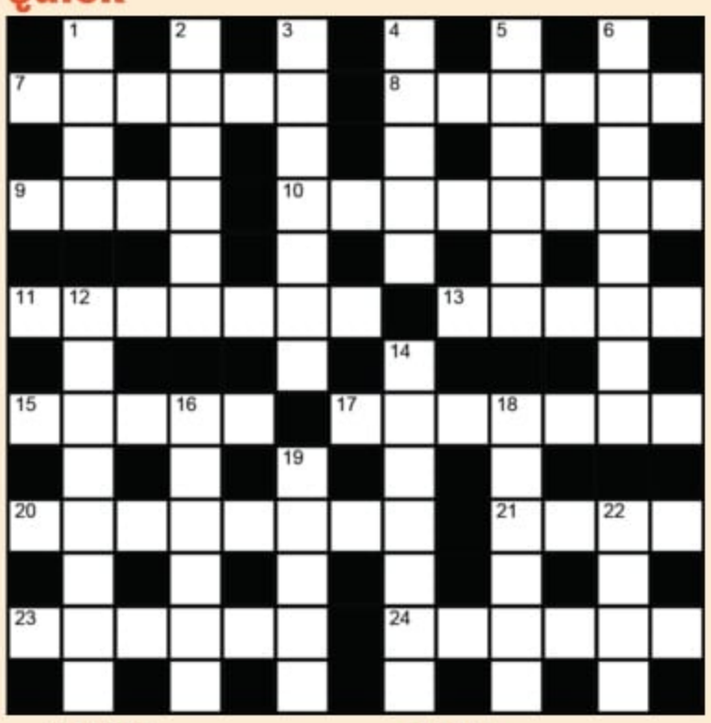
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 B in BARC? (6)
8 Incidents (6)
9 Claret, for one? (4)
10 Collarbone (8)
11 Protrudes (4,3)
13 Lets fall (5)
15 Keep or hide away (5)
17 ___ __ his advice : did as he counselled? (5,2)
20 Strenuous effort (8)
21 Slangy nonsense, empty talk (4)
23 Meal (6)
24 Recants or refuses (6)

DOWN

1 Person from Pattaya (4)
2 Head of a nunnery? (6)
3 The ____: Irving Wallace's famous novel? (3,4)
4 SF writer Asimov (5)
5 Higher ranking (6)
6 Be ready for or is capable of? (4,2,2)
12 Not of the nobility (8)
14 Karnataka's first Chief Minister (1,1,5)
16 Narrow escape (6)
18 ___ on : inciting or urging; goading (6)
19 Large marble (5)
22 Not confined (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS G

L RZWWRT RTLJGZGA ZV L BLGATJINV WPZGA ENW L RIW IY ZAGIJLGUT ZV XNVW LV ELB.

Linemaro

I love your dynamism

Mindchow

Home is not where you live but where they understand you

Joke of the day

Turtle to turtle: "Don't ya just love the sound of rain on your roof?"

Loop

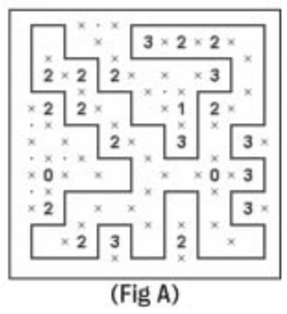
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

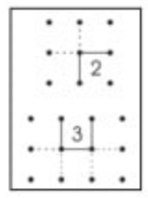
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

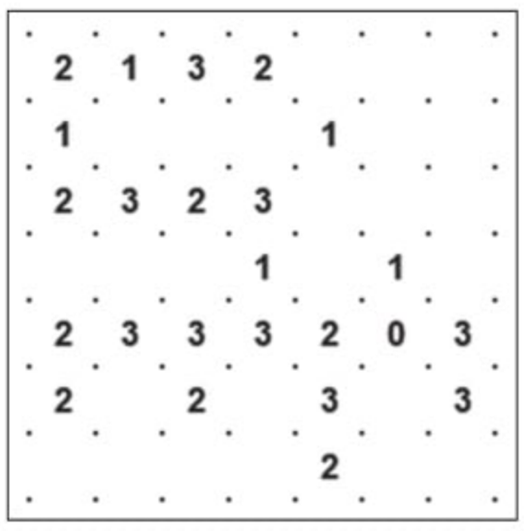
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



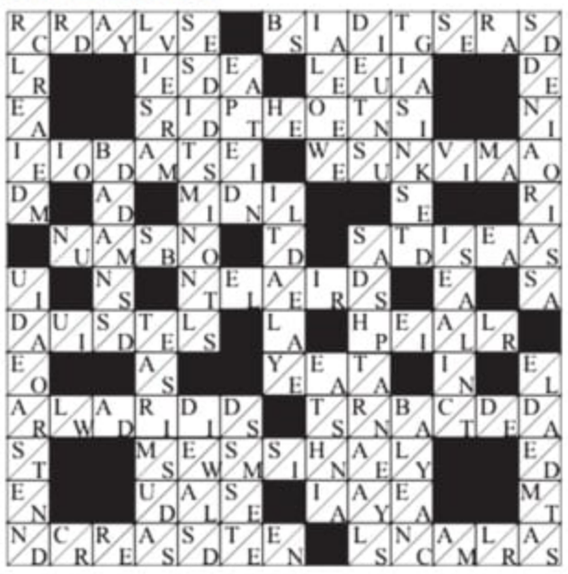
(Fig A)



(Fig B) Not Allowed



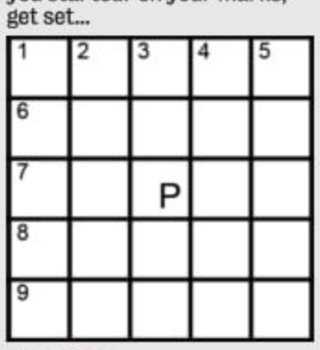
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

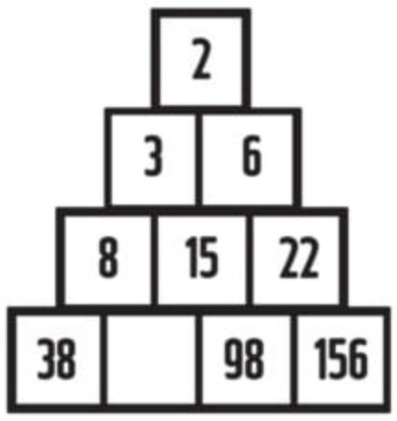
1 Cod us; 6 On rim;
7 Picas; 8 Canes;
9 Gosh G

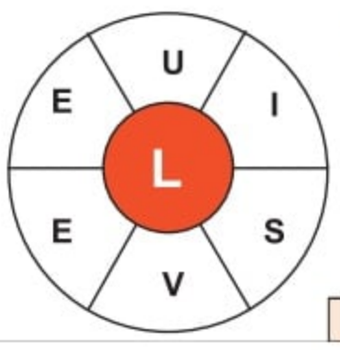
DOWN

1 Shams; 2 Sicco;
3 Up gen; 4 Dingo;
5 Oscar

Mensapuzzle

What number should go into the blank space?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

7	8		4	1		3		
	9				3		8	
2								
4			8	6				5
		5	3		2	1		
1				9	4			8
								7
	7		2				1	
		1		3	8		4	2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 22
1 3 9 9

Medium = 7
4 7 9 9

Hard = 14
1 3 4 1

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Wheel is missing. 2. Leg is moved. 3. Cap is larger. 4. Windowsill is missing. 5. Strap is moved. 6. House is not as wide.

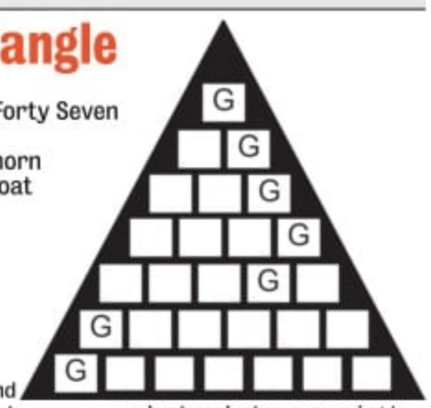
Riddler

Using a combination of letters and/or numbers to sound out the answers, can you solve the clues? Example: Not difficult–EZ (Easy)

1. A number (use only letters for this one)
2. A sport
3. Freezing

Alpha triangle

1 Gram, abbr.
2 Atomic number Forty Seven
3 Piano tune
4 Blow one's own horn
5 Flat-bottomed boat
6 Distort
7 Risk taker



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson

SNEAK DOWN AND SEE WHAT THE PALEFACES ARE DOING TODAY
SNEAK SNEAK CREEP SNEAK CREEP CREEP
TARRING AND FEATHERING
Yates/Bessen
3-9

Bizarrotrip

Diamond Lil

I'M IN SPRING TRAINING FOR GETTING INTO A HAMMOCK
HOW DO YOU TRAIN FOR THAT?
I REPEATEDLY FALL OFF THE BACK OF MY COUCH
www.creators.com

Hart of the city

KAT AND I WILL TAKE THIS "BLADE RUNNER" JACKET AND ALTER IT SO IT FITS YOU!
THANKS, DEAN! DO YOU THINK THE JUDGES WILL GET THE REFERENCE?
THEY'RE GROWN-UPS. OF COURSE THEY'LL GET THE REFERENCE.
AND IF THEY DON'T, AT LEAST YOU'LL HAVE A VERY COOL JACKET.

Crankshaft

OKAY, WE'RE ALL AGREED THAT IN OUR CONTRACT NEGOTIATIONS...
ANYTHING YOU BREAK OR CHIP TRYING TO EAT ONE OF LENA'S BROWNIES CAN BE CONSIDERED AN ON-THE-JOB INJURY!
FINALLY... A DENTAL PLAN!
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be very happy. Your losses may convert into profits. Your seniors may be happy and appreciate your work. You are likely to have some changes in your place, position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may take important decisions in terms of marriage with the help of relatives or friends.

Taurus Apr 21 – May 20
Today, you may experience peace of mind. You may plan to invest some capital in a business, which may increase liquidity in your business. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles are likely to find a suitable match. Love birds may take the decision to get married. Students will be blessed by good karma.

Gemini May 21 – Jun 21
Today destiny is with you and your health may be good today. You are likely to go to some religious place with your family or friends. You may plan to donate some amount to a religious place or to some charity. Property-related deals are likely to be done. You may plan for an overseas trip related to work.

Cancer Jun 22 – July 23
Today, you may be a victim of conspiracies. You should avoid getting involved in controversies. Your strong willpower and blessings from elders may protect you from this critical situation. You are advised to avoid getting into any arguments with your partner. You should also avoid rash driving or any adventure trip.

Leo Jul 24 – Aug 23
Today you will be happy. You may feel peace of mind. Your focus towards your goals would be very good. You are likely to spend romantic moments with the spouse. Your bonding with your spouse may be stronger now. You will also be busy with other domestic issues.

Virgo Aug 24 – Sep 23
Today you may feel enthusiastic. Your performance at work may be good and that may get you better terms with seniors. You are likely to get some new responsibilities in terms of promotions. In legal matters, you may hear good news. Your opponents and hidden enemies may be under control.

Libra Sep 24 – Oct 22
Today, you may be able to complete a difficult task very easily, which may boost your confidence level. Your past investments may get you good gains. You are advised to avoid arguments on worthless topics as it may prove to be just a waste of time.

Scorpio Oct 23 – Nov 22
Today is not a good day for you. You may feel unhappy and may be dissatisfied with your current situation. You are advised to keep patience and not take any decision in a hurry. You are advised to take care of your parents.

Sagittarius Nov 23 – Dec 22
Today, you may be enthusiastic. Your focus towards your goals may be very good. You may easily achieve your target. You are likely to go on a short work-related trip, which may give you benefits in the near future. Your colleagues and friends may help you in the completion of some important projects.

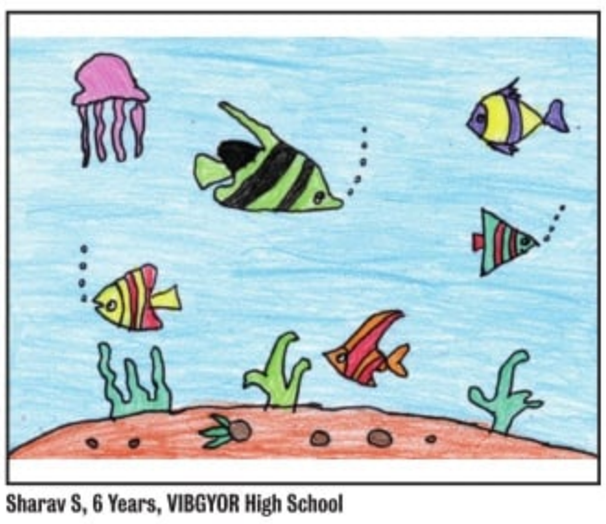
Capricorn Dec 23 – Jan 20
Today, you may feel happy. Your health is also good, which may give you inner strength and self confidence. Your conscience may not allow you to manipulate a messy task to maintain your reputation among your peers. Your social prestige is likely to be raised.

Aquarius Jan 21 – Feb 19
Today you are blessed by the moon. You may expect some rewards for your social services. You are appreciated by your seniors, you may also get promotions. Your losses may convert into profits now, which will increase liquidity in the business. You will plan to invest more capital into a family business, which will expand your business in the near future.

Pisces Feb 20 – Mar 20
Today you may be disappointed. You are advised to control your arrogance; otherwise you may face some losses due to the manner of your speaking during a conversation. Love birds should be careful when they are in some discussion or else it may snowball into a situation that may affect your relationship.

KIDZONE

Saanchy Jain, 13 Years – Delhi Public School (South)



Sharav S, 6 Years, VIBGYOR High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
-64+3(3)+6
-64+9+6
-55+6 = -49

BULL'S EYE
else, ELUSIVE, evil, isle, lieu, live, veil, vile

STRIKE OUT

C	R	A	V	E	■	B	A	D	G	E	R	S		
L	■	I	D	A	■	L	E	A	■	■	■	E		
A	■	S	I	P	H	O	N	S	■	■	■	N		
I	O	D	A	T	E	■	E	S	K	I	M	O		
M	■	A	■	I	D	I	■	E	■	■	■	R		
I	■	N	■	N	E	A	R	S	■	A	■	S		
D	U	S	T	S	■	L	■	H	I	L	L	■		
E	■	■	■	A	■	■	■	Y	E	T	■	E		
A	W	A	R	D	S	■	T	R	A	C	E	D		
T	■	S	E	M	I	N	A	L	■	■	■	E		
E	■	U	A	E	■	A	V	E	■	■	■	M		
D	R	E	S	D	E	N	■	S	C	A	L	A		

QUICK

■	■	■	D	■	K	■	E	■	Y	■	G	■	E	
R	E	P	A	S	T	■	D	E	N	I	E	S		
L	■	E	■	A	■	D	■	I	■	R	■	■		
S	T	R	U	G	G	L	E	■	G	U	F	F		
I	■	O	■	A	■	R	■	G	■	■	■	■		
S	T	A	S	H	■	A	C	T	E	D	O	N		
■	N	■	■	■	B	■	K	■	■	■	T	■		
J	U	T	S	O	U	T	■	D	R	O	P	S		
■	S	■	L	■	O	■	C	■	■	■	U	■		
W	I	N	E	■	C	L	A	V	I	C	L	E		
A	■	B	■	N	■	A	■	N	■	E	■	■		
B	H	A	B	H	A	■	I	■	S	C	E	N	E	S
■	A	■	F	■	■	S	■	■	■	E	■	F	■	■

MENSA PUZZLE
59. Proceeding from top to bottom along the rows from left to right, add the two previous numbers and add 1, then add the two previous numbers and subtract 1, and so forth, adding 1 and subtracting 1 alternately. Thus the two numbers previous to the blank square are 22 and 38. These are added together, giving 60, and 1 subtracted from the total.

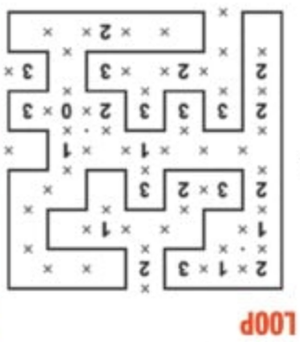
SUDOKU

7	8	6	4	1	5	3	2	9
5	9	4	6	2	3	7	8	1
2	1	3	9	8	7	4	5	6
4	3	9	8	6	1	2	7	5
8	6	5	3	7	2	1	9	4
1	2	7	5	9	4	6	3	8
3	4	2	1	5	9	8	6	7
9	7	8	2	4	6	5	1	3
6	5	1	7	3	8	9	4	2

ALPHA TRIANGLE
G, Ag, Rag, Brag, Barge, Garble, Gambler.

GO FIGURE
Easy
9 + 9 + 1 + 3 = 22
Medium
9 + 9 − 4 − 7 = 7
Hard
4 x 3 + 1 + 1 = 14

LOOP



KAKURO

FAST FIVE

S	C	U	D	O
M	I	N	O	R
A	S	P	I	C
S	C	E	N	A
H	O	G	G	S

QUOTE UNCODE
A little learning is a dangerous thing but a lot of ignorance is just as bad.

RIDDLER
1. AT (Eighty),
2. 10S (Tennis),
3. IC (Icy)

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Art, inspired by art

Fashion designer explains Aishwarya's gown that took 20 days to make was inspired by Botticelli's Birth of Venus

Fashion designer Gaurav Gupta says he wanted to create a special moment for actor Aishwarya Rai Bachchan's 20th year at the Cannes Film Festival and that inspired him to present the former Miss World as the "new-concept Venus".

The gown, which took 20 days and over a 100 craftspeople to create with the actor involved in the creative process right from the beginning, is the ace couturier's interpretation of Italian artist Sandro Botticelli's famous painting 'Birth of Venus'.

Aishwarya wore Gaurav's custom-made queen pink sculpted creation on the third day of the ongoing film gala for the premiere of "Armageddon Time", after opting for a black Dolce & Gabbana ensemble on day two.

"Aishwarya is a complete woman and a beautiful person. As I got to know her through the process, I discovered a wonderful, spiritual person who is really connected to her soul and is elegant. That purity in the absolute sense of beauty inspired me to think of the concept of the 'Birth of Venus'," Gaurav told PTI in a telephonic interview from Cannes.

Aishwarya, who first attended the Cannes Film Festival for the premiere of her film "Devdas" in 2002, has been a regular at the movie extravaganza as a global ambassador of beauty brand L'Oreal and during her two decade-long journey at the yearly event where she has made some stunning red carpet appearances.

Gaurav Gupta says the purity of Aishwarya's soul in the absolute sense of beauty inspired him

The Delhi-based designer, known for his experimental sculpted designs, said he wanted to create something that denoted "hope, life and beauty".

"We wanted something which denotes hope, birth and beauty. After all the world has gone through in the past few years, we wanted to celebrate life and art," he added.

Creating the dress was an elaborate process involving days of hard work and Gaurav said he didn't want to disappoint with his design for "one of the most beautiful women in the world".

The ensemble featured silver-embellished pleated details, a trailing bottom and a shell-like structure behind shoulders, symbolising Venus' rise from the scalloped shell.

The designer, a graduate of London's Central Saint Martins College of Art and Design, accompanied Aishwarya for the appearance and said the frenzy at the red carpet surrounding the actor filled him with "joy". **PTI**

Pooja's aim: Inspire girls to dream big

Pooja Hegde, who has made her debut at the 75th annual Cannes Film Festival, is hoping to inspire young Indian girls to dream big.

She was invited to represent her homeland at the Cannes Film Festival where India is the country of honour this year, reports.

The rising star, who works across Tamil, Telugu and Hindi movies has a number of hit credits to her name and is currently shooting 'Kabhi Eid Kabhi Diwali' opposite Salman Khan, while her turn in Rohit Shetty's comedy 'Cirkus' is due in December.

Hegde also has a lot more stories to tell, saying "I want to do more films for women because I genuinely think that we are not represented enough. When I see a powerful woman on film, you want to emulate them, you want to be them, and I hope I can be a small part of that in terms of inspiring girls in India to just dream a little bigger and tap their inner potential."

Indian films have increasingly seen great box office success on a global stage. That's encouraging to Hegde, both within and outside India. Hegde said: "I think that it's time we stop looking at languages as a barrier..." **IANS**

Two good-looking

While actor Aditi Rao stunned in a colour-blocked gown, Hina Khan chose to glimmer and shine.

'My life is a movie,' said Aditi Rao Hydari as she shared a photo from her debut walk on the 75th Cannes Film Festival red carpet.

Looking every bit like a movie star, the actor made heads turn in her colour-blocked gown. For her debut walk down the red carpet, Aditi opted for a stunning pink and red number with a thigh-high slit.

Sharing her photo from atop the iconic Cannes stairs, she wrote, "The moment I've been waiting for."

Actor Hina Khan added some shine to the prestigious event as she posted a fresh new look of her. The 'Hacked' star took to her Instagram handle and posted a string of pictures of her stunning gold look lighting up the streets of Cannes.

'Not language, hearts must be one'

Actor Ayushmann Khurrana says rather than having a common a language, "hearts need to be one" in a country like India where diversity is the biggest strength. Khurrana, who promoted his upcoming film "Anek" on Friday, weighed in on the language row and said all languages in the country deserved to be treated with respect.

Those who haven't spoken Hindi from childhood, if they are expected to speak or learn the language all of a sudden, it was "unfair", the National Award winner said.

"We should give importance to each and every language in the country. Those who cannot speak Hindi should not be treated in a certain way... It really doesn't matter if there is a common language or not. Only the hearts need to be one," Khurrana told reporters when he was asked to address the controversy over the demand that Hindi should be the national language.

"There are so many languages, religions, and every 10 km, there's a change in dialect. Our diversity is our biggest strength as the uniqueness of the nation... We should give importance to each and every language in the country," he added. — **ETImes**

Depp to testify once again?

Seems like a sequel to Hollywood actor Johnny Depp's testimony in his defamation trial against ex-wife Amber Heard is about to come.

According to Deadline, a source close to Depp's legal team confirmed that the actor will almost certainly take the stand first thing next week. After last appearing on the stand, in the Virginia-set trial over two weeks ago, the former 'Pirates of the Caribbean' will be called by the defence as a third witness on Monday. He will follow an anatomy expert and an IPV expert in what is the last week of the trial, reported the outlet.

As per Deadline, Judge Penny Azcarte has said that she wants

closing arguments to occur on May 27. Depp has sued Heard for USD 50 million in defamation after she alluded to their alleged abusive relationship in an op-ed. **ANI**